

Week of 07 / 05 / 2021 / Cycle 6 - DIET LINE

Items with DL before the menu name indicates this item has been modified to be lower in calories, fats and/or sodium than the regular line items. The Diet Line is designed to promote healthier eating and can be used to adhere to most modified diets. Residents who require a therapeutic diet are advised to make an appointment with the Registered Dietitian for a one-on-one consultation.

	BREAKFAST - 0700 - 0830	LUNCH - 1130 - 1300	DINNER - 1630 - 1800
M O N Jul 5th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs/DL Turkey Bacon French Toast w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Red Bean & Vegetarian Veg Soups DL Pork Loin w/DL Pork Gravy Baked Sweet Potato DL Sautéed Yellow Squash Chunks DL Spinach / Wheat Rolls	DL Red Bean & Vegetarian Veg Soups DL Italian Oven Fried Chick Brst/Thgh w/DL Marinara Sauce / DL Pasta DL Tuscan Vegetables Blend DL Mixed Vegetables / Wheat Rolls
T U E S Jul 6th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy	DL Roast Beef & Vegetarian Veg Soups DL Chicken Salad DL BBQ Turkey Sausage / Wheat Bun DL Baked Steak Potatoes DL Brussel Sprouts DL Succotash	DL Roast Beef & Vegetarian Veg Soups DL Grilled Blackened Fish DL Gril Bnls/Sknls Chick Brst/Thgh Baked Potato w/FF Sour Cream DL Super Sweet White Corn DL Gr Beans Almandine / Wheat Rolls
W E D Jul 7th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Zesty Italian & Vegtm Veg Soups DL Sliced Roast Beef w/DL Gravy DL Mashed Potatoes w/DL Gravy DL Sugar Snap Peas / Wheat Rolls DL Crisp & Cozy Brussel Sprout Salad	DL Zesty Italian & Vegtm Veg Soups DL Beef & Peppers / DL Egg Rolls Steamed Brown Rice DL Broccoli Florets / Fortune Cookies DL Teriyaki Carrots / Wheat Rolls
T H U Jul 8th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs/DL Turkey Sausage Pancakes w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Chili Bean & Vegetarian Veg Soups DL Grill Chick Brst w/Sautéed Mshrms DL Baked Potato Casserole DL Italian Gr Beans w/Diced Potatoes DL Greek Salad / Wheat Rolls	DL Chili Bean & Vegetarian Veg Soups DL Trky-Ball Sub w/DL Tomato Gravy DL Baked Pot Logs / DL Coleslaw DL California Blend Veggies Long Wheat Buns
F R I Jul 9th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Turkey Biscuits / DL Biscuit Gravy	DL Psta,Wh,Bean,SunDryTom & Vegtm Veg Soup DL Oven Fried & Baked Fish DL Macaroni w/DL Cheese Sauce DL Southern Okra & Tomato Succotash DL Caesar Salad / Wheat Rolls	DL Psta,Wh,Bean,SunDryTom & Vegtm Veg Soup DL Sliced Roast Beef w/DL Gravy DL Irish Potatoes DL Cabbage / DL Carrots Wheat Rolls / Cornbread
S A T Jul 10th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon DL Shredder Hash Brown Potatoes Biscuits / DL Biscuit Gravy	DL Chick & Wild Rice & Vegtm Veg Soups DL Grilled & Oven Fried Chick Brst/Thgh DL Cacciatore Sauce / DL Pasta DL Asparagus DL Cauliflower Garlic Bread / Wheat Rolls	DL Chick & Wild Rice & Vegtm Veg Soups DL Beef Short Ribs 'n DL BBQ Sauce DL Potato Salad DL Mustard Greens DL Fresh Zucchini Chunks Cornbread / Wheat Rolls
S U N Jul 11th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs/LF/LS Grilled Ham Waffles w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Rst Poblano Beef & Vegtm Veg Soups DL Sautéed Shrimp Baked Potato Logs DL Super Sweet White Corn DL Broccoli Florets / Wheat Rolls	DL Rst Poblano Beef & Vegtm Veg Soups DL Pot Roast w/DL Gravy DL Mashed Potatoes w/DL Gravy DL Stewed Tomatoes /Onions DL Green Peas / Wheat Rolls

STANDARD BREAKFAST MENU ITEMS

Bagels, English Muffins, Jelly, SF Jelly, Syrup, SF Syrup, Prunes, Bananas, Whole Fresh Fruit,
Cut Fresh Fruit, Grapefruit Sections, Applesauce, Raisins, Brown Sugar, Cinnamon Shake

STANDARD MENU ITEMS ALL MEALS

Assorted Breads, Assorted Dry Cereals, Assorted Juices, Assorted Milk, Assorted Beverages, Coffee, Decaf Coffee,
Iced Tea - w/Sugar & No Sugar, Hot Tea Bags, Butter, Margarine, Sugar, Sugar Substitute, Salt, Pepper, Assorted Condiments

STANDARD SALAD BAR ITEMS FOR LUNCH & DINNER

Available Every Day - Mixed Salad Greens, Cherry Tomatoes, Sliced Cucumbers, Sliced Red Onions, Matchstick Carrots,
Sliced Green Peppers, Bread & Butter Pickles, Whole Green Olives, Sliced Black Olives, Coleslaw, Tuna Fish, Boiled Eggs,
Cottage Cheese, Shredded Cheese, Bacon Bits / Variables - Sliced, Diced or Whole Beets, Jalapeno or Banana Peppers,
Broccoli or Cauliflower Florets, Green Peas or Edamames, Green Onions or Celery Sticks, Avocados or Baby Corns,
Chopped Nuts, Dried Cranberries or Raisins, Sunflower Seeds or Bleu Cheese Crumbles - Salmon Monday, Wednesday, Friday

STANDARD SALAD DRESSINGS

Ranch, Blue Cheese, Thousand Island, Fat Free Ranch, Italian & Catalina French, Balsamic Vinegar, Red/White Vinegar, Olive Oil